

What to Expect: In-Person Training

**Special
Olympics**
Pennsylvania



Due to COVID-19 and the necessary safety precautions, your training will look different. In an effort to prepare you for returning to in-person training, we have created the below fact sheet.

- If you drive to practice with anyone other than your family members or use public transportation, you will need to wear a mask.
- There will be one entrance and a separate exit to your training site.
- When you arrive at practice you will go through COVID-19 testing protocol. The testing will include a series of questions as well as a temperature check.
- Not all of your teammates or coaches may be at training with you at this time.
- You will be required to wear a face mask when you are not engaged in a sporting activity, unless doing so jeopardizes your health.
- You must bring your own water and drinks to practice. Coaches will not be providing water jugs and you may not drink out of water fountains.
- Your equipment and other personal items will be separated and not shared with others.
- You will not be able to shake hands, do fist bumps or high fives with your teammates or coaches before, during or after training.
- You will not be able to chew gum, spit, lick fingers or eat sunflower seeds at training.
- You will be physically distanced (at least six feet) from teammates and coaches at all times, including in the field of play, locker rooms, sidelines, dugouts, benches, and workout areas.
- Drills and activities may look different to ensure physical distancing (six feet).
- Friends, family, and caregivers will be asked to stay in the car to watch practice.
- No spectators will be on the sidelines to watch you train.